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Is justice guilty of sexism?

Metro columnist argues women face double standard in the justice system. **PAGE 22**

Province to scrap starter school plans

Education. Local parent says approval of six full-sized schools in Edmonton instead is a huge relief



LEAH HOLOIDAY
leah.holoiday@metronews.ca

Six new Edmonton schools slated to be starter facilities will now open their doors to students as fully built-out models, the province says.

In an email statement to Metro on Wednesday, Alberta Education spokeswoman Tamara Magnan said the province has been working with school boards to make sure proper infrastructure is built in communities with high-growth enrolment.

"With the best interests of students in mind, we have approved the request by the four metro school boards who were previously approved for 12 starter schools to proceed with the full build-out schools instead," she said.

Edmonton's Catholic and public school boards had sent letters to the province asking that the modular-style schools announced in October by Premier Jim Prentice and Education Minister Gordon Dirks be fully built out, rather than the smaller option.

"We are very pleased with

Alberta Education's decision as it shows their commitment to accommodating our increasing number of students," said Edmonton Catholic Schools (ECS) spokesperson Lori Nagy. "We look forward to receiving the specifics and timeline for these schools."

ECS is slated to receive two new schools in Heritage Valley and McConachie, while the Edmonton Public School Board (EPSB) will have four new full-sized schools built in Ellerslie, Heritage Valley, Windermere Estates and the Grange.

Windermere parent Angela Meier said the news will be a huge relief to parents.

"This is great," said Meier. "I think this will give people a real sense of peace and take away a lot of anxiety parents are feeling."

Calgary's public and Catholic school boards will also see six full build-out schools.

The full-sized schools will accommodate 600 to 900 students, instead of the 250 students that the starter schools could serve, Magnan said.

A spokesperson from EPSB said, as of Wednesday afternoon, they hadn't received official word from the province but had been advocating for the starter schools to be full build-outs to accommodate the growing communities.

The schools are slated to be finished in the 2016-17 school year. **WITH FILES FROM JEREMY NOLAIS IN CALGARY**



YOUNG LIVES CUT SHORT

Students, staff and other mourners gathered Wednesday evening at the University of Alberta quad to honour three people killed in a long-weekend crash on Highway 2. One other person remains in hospital. See pages 12-13 for more details. **LEAH HOLOIDAY/METRO**

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Alberta. Province to close three trade offices

Alberta will close trade offices in Chicago, Munich and Ottawa in a bid to save money.

Premier Jim Prentice announced the closure on Wednesday following a review he requested last year.

The changes are expected to save \$3.1 million over the next two years.

He said closing the offices is part of the belt-tightening the province needs to do.

"Our province is facing the most significant financial consequences we have in a generation," said Prentice. "The decisions we have made have been difficult decisions."

The province will also suspend plans for international offices in California and Brazil.

Ron Hoffmann, Alberta's senior representative for the Asia-Pacific Basin, led a review of the offices and said they want to make sure they get the most out of taxpayer dollars.

"This is about doing more with less," he said. "It's about optimizing the impact and spending less money."

Prentice defended the rest of Alberta's international offices. He said they have helped raise awareness of the province and in cases like the U.S. have helped advance our interests.

"There is more support now in Washington for what we do as Albertans and the trade we do there than there has ever been," he said.

In addition to the Washington office, Alberta has offices in Beijing, Hong Kong, New Delhi, Tokyo, Seoul, Shanghai, Singapore, Taipei, Mexico City and London.

The province plans to open another office in China, in the city of Guangzhou.

RYAN TUMILTY/METRO

104 Street seeking safety accreditation

Purple Flag. Goal of initiative is to help Edmontonians feel safe in the city's core at any time of day or night



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Edmonton's 104 Street is en route to becoming North America's first area to be Purple Flag accredited, which local business owners say will be "ground-breaking" for the perception that downtown is safe.

Community members are seeking the accreditation for the area so that Edmontonians can feel more at ease when visiting the core — day or night — by knowing measures like quick reporting of positive and negative things happening in the area are already being done.

"It's essentially to shine a spotlight on a defined area, see what's occurring and work on improving those areas," said Ian O'Donnell, vice-president of the Downtown Edmonton Community League. "It's more or less about being proactive with positives and negatives happening in an area."

According to the Purple Flag website, the project sets guidelines that "indicates an entertaining, diverse, safe and enjoyable night out," which would be



Officials are currently in the works to make 104 Street the first Purple Flag accredited area in North America.
STEPHANIE DUBOIS/METRO

The initiative

The project's area will encompass 104 Street from 104 Avenue to 100 Avenue, spanning to both 105 and 106 Streets.

- The Purple Flag website says the initiative is "a comprehensive set of standards, management

processes and good practice examples designed to help transform town and city centres at night." It is "a research, training and development program, to help towns and cities improve their evening and nighttime economy."

applied when evaluating 104 Street.

Having much success in the U.K. and with develop-

ment happening downtown at a rapid pace, city officials felt the 104 Street area was a good place to start

the Purple Flag initiative in Edmonton because it is already a "defined neighbourhood in the downtown core," say business officials.

"There's a lot of myths about downtown in the evening that need to be dispelled ... and if we get certified, we can change that around," said Ed Fong, chair of the 104 Street committee.

"Downtown Edmonton needs feel-good, positive stories and if we're successful, this will certainly be one of those."

1 NEWS



* Source: jobbank.gc.ca

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Online lotto tickets could be part of gambling website

Study. Province looking for bidders who could provide service



RYAN TUMILTY
ryan.tumilty@metronews.ca

Rushing to get your lotto tickets at the store before the big draw could soon be a thing of the past, as the AGLC is considering allowing Albertans to buy their tickets for the big jackpot online.

The AGLC put out a tender last month looking for bidders who could provide a "turnkey solution" to set up an online gaming site. That bid includes the option of allowing customers to buy their lottery tickets online.

Bill Robinson, the commission's CEO, said they simply want to make it easier

for regular players.

"If it's approved and depending on what type of package is brought forward this would simply just be another access point for lottery tickets," he said.

He stressed, however, that the provincial government still has the final decision on online gambling or the lottery tickets.

"All of this is premature, relative to approval by government. I want to be clear on that, because none of this is anything AGLC can approve," he said.

He said they would also have to consult with lottery retailers, but he noted British Columbia and Manitoba currently offer the service.

He said any potential online site would have rigorous safeguards to make sure no minors are playing.

"We will set up a process where you have to prove you

Lotto cash

Revenues from provincial lotteries are added to government revenues, but a sizeable portion goes into the Alberta Lottery fund to support charitable causes.

are who you say you are," he said.

Ray Reshke, executive director of the Problem Gambling Resources Network, said he's much more concerned about online poker or other casino games, because the lottery doesn't have the same addictive power.

"You buy a ticket and you wait five days to find out your result, so it's not quite as addicting as the machines and Internet games are," he said.

Reshke said even with that he doesn't see why the



Getting your lottery tickets at a store could be a thing of the past if the province moves ahead with an idea it's studying to allow people to buy their tickets online. RYAN TUMILTY/METRO

province is exploring this concept, considering Alberta already has the highest gam-

bling rates in the country.

"It's just going to provide you another avenue for

gambling and, quite frankly, I think there's enough gambling in Alberta."

Province looking at reinstating health premiums



Finance Minister Robin Campbell said he is considering a number of options to raise revenue and many Albertans have long told him that eliminating the premiums was a mistake. RYAN TUMILTY/METRO

The province's finance minister said Wednesday he's giving serious consideration to bringing back health-care premiums and even instituting "health statements" to help Albertans understand the cost of the system.

Faced with a substantial deficit, Robin Campbell said he is considering a number of options to raise revenue and many Albertans have long told him that elimin-

ating the premiums was a mistake.

"We have had people continue to bring that forward over the last number of years, asking 'Why did we get rid of them in the first place?'" he said.

The premium was worth roughly \$1 billion to provincial coffers before it was eliminated.

Campbell said he would only bring in premiums and statements if they wouldn't

be expensive to administer.

"I don't want to bring anything in that is going to be an administrative burden," he said.

Campbell said the \$18-billion annual cost of health care is almost too large to comprehend, but he believes health statements would help people understand the cost.

"I even have trouble myself wrapping my head around what a billion dol-

lars is, but if people have a statement and can actually see that I went to the doctor and this is what it costs, it's an education process," he said.

Campbell said an online survey the province set up, which includes a question on premiums, has received 27,000 responses.

He said he doesn't yet know if people in the survey endorsed the premiums.

RYAN TUMILTY/METRO



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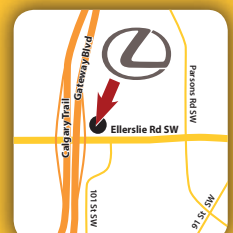
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Slain RCMP Const. David Wynn is shown in this undated family handout photo. METRO FILE

Fallen Mountie to be honoured

Legacy. St. Albert council votes to memorialize Const. David Wynn with public fund worth \$100,000



LEAH HOLODAY
leah.holoday@metronews.ca

Just a month after RCMP Const. David Wynn was fatally shot while investigating a stolen vehicle in St. Albert, the city has approved a plan to honour the officer's legacy — but it just doesn't know how, yet.

St. Albert council approved the \$100,000 legacy fund Tuesday night after Mayor Nolan Crouse proposed the plan two weeks ago.

Shawn Maxwell Rehn

Ideas

St. Albert council has directed staff to bring back ideas for the fall for different ways to honour Wynn.

shot Wynn in January at the Apex Casino in St. Albert. Rehn's body was later found at a rural property outside of St. Albert.

Crouse said the city is committed to honouring Wynn, a man who represented the community.

"What you've lost is a person who is symbolic to the real root of the community," he said. "He was a father, he was a husband, he was an RCMP — he protects your community. He worked with youth in schools."

While the cash has been earmarked, the money

won't be spent until the city reaches out to the family to hear how they would like the funds spent, Crouse said.

"I can picture some things, but there are many ideas out there — from endowments to public art to sculptures, but let's not view it as a piece of infrastructure because it might be more than that," said the mayor.

With the cash not officially designated, the city will look to additional funds from community fundraising and provincial and federal grants.

"What we wanted to do was make sure there was a conversation that was being led by myself as the mayor," said Crouse.

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Sexual assault. Suspect arrested in Australia

The suspect in a 2012 Edmonton sexual assault case has been arrested in Australia and brought back to face five charges in Canada.

Australian Federal Police arrested Nicholas Lemont, 24, on Jan. 24 in connection with a violent attack in June 2012.

According to Edmonton police, Lemont is being charged after having allegedly gained access to a residence in the McCauley neighbourhood and sexually assaulting a 19-year-old woman.

A Canada-wide warrant was issued for Lemont's arrest in January and he was arrested in Cairns, then transported to Sydney, where two EPS officers flew with him back to Edmonton on Feb. 12.

Lemont is charged with break and enter and committing assault with a weapon, forcible confinement, sexual assault with a weapon, disguise with intent to commit an indictable offence and possession of a weapon dangerous to the public.

METRO

Leduc. 2 dead after early morning head-on collision

Two men are dead after an early morning collision in Leduc early Wednesday morning.

The head-on crash occurred just before 1:40 a.m. A taxi van carrying three passengers collided with a pickup truck on Sparrow Drive, police said.

Two 37-year-old men were killed by the crash and a 35-year-old man was ejected from the vehicle. All three passengers were visiting from out of province.

The 38-year-old male driver

er sustained injuries and was taken with the ejected passenger by ground ambulance to an Edmonton hospital. The driver remains in critical condition.

The 35-year-old truck driver was uninjured, but a 25 year-old female passenger was taken to hospital with minor injuries.

According to RCMP, the exact cause of the collision is unknown, but a collision analyst was on scene investigating.

METRO

City to release 311 data

Civil operations. Tool will allow residents to see if complaints have been dealt with



RYAN TUMILTY
ryan.tumilty@metronews.ca

The city is poised to release troves of data on 311 calls Thursday, allowing anyone to see how many potholes or other complaints have been reported on their street.

The new service, called 311 explorer opens up all of the 311 data, allowing people to use it in maps or other applications.

Coun. Andrew Knack said it's a great step forward for the city.

"Just as there are people who are engaged in sports and like to look at every little thing and make up charts, we have people who like to do that with city information," he said.

The 311 explorer tool will allow people to see their complaints, whether they were submitted through the app or over the phone and



The city receives about 190,000 calls to 311 every month. The information will soon be publicly available for anyone to see. COURTESY CITY OF EDMONTON

see if they have been acted upon.

Knack said it's ideal because it will help people see if their complaints are actually being addressed.

"When we're not dealing

with an issue properly we will be able to see that and ask why," he said.

Knack said as a councillor he can use the service to track emerging problems.

The tool was first men-

tioned in this year's operating budget, but the department has declined repeated requests to discuss it. On Wednesday, they declined to discuss it citing a planned media event for Thursday.

Clock tower on the fritz

It's not just in council meetings where time is slipping away at City Hall.

The city has confirmed the Friendship Tower clock, situated just outside the building, is losing time because of a problem with the clock's movement.

"It's 22 years old and so with any device, as it ages

there are things that pop up from time to time," said city spokesperson Carol Hurst.

She said the city has fixed a broken motor, but is now dealing with a problem with the clock's movement.

Hurst said the problem would have to be fixed when warmer weather returns, because it involves working out-

side. She said the city doesn't have a firm cost on the repairs, but expects it to be in the "thousands."

"It depends if they're able to do it in house as they have done previously or if they have to get a new movement," she said. "It can be such a range depending on what they decide." RYAN TUMILTY/METRO



The Friendship Tower clock went up with Edmonton's current city hall.

METRO FILE

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ETS. Wayfinding could improve system: Report

How Edmontonians or visitors get to and from Edmonton transit stations is key, according to an audit done of the public transit system, something advocates aren't surprised about.

The Accessibility Audit commissioned by the city looks at a variety of factors to make it easier for potential users, including getting more signage up where riders could use it the most.

"Most stations could benefit from improved wayfinding and signage in the station or transit centre indicating the accessible path through the station to the external access point and the availability of a path to adjacent uses," reads the report.

But the struggle with improving access to ETS is getting the property that doesn't belong to the city up to snuff, added the report.

"Much of the external path



Directing people where to go would be best practice for the city, say Edmonton Wayfinding Project members. TOPHER SEGUIN/METRO

of travel is not on City or ETS property, so many of the accessibility issues are the responsibility of private property owners, and not within the control of ETS or the City."

But experts say there needs to be signage and orientation tools that everyone can use to get around.

STEPHANIE DUBOIS/METRO

Nomophobia. An app to curb distracted driving?

An Alberta company hopes a new smartphone app will help so-called nomophobia sufferers who can't put their devices down while behind the wheel.

Nomophobia is the term coined for a fear of being out of mobile phone contact. OneTap is a free app that uses GPS to detect when a person is in a car and manages calls, texts and alerts that could be a distraction while driving.

"Four out of five people will not leave their house without their phone. They will literally stop where they are, go back into their house to go and get their phone and bring it back into their sphere of influence," said Ted Hellard, founder of

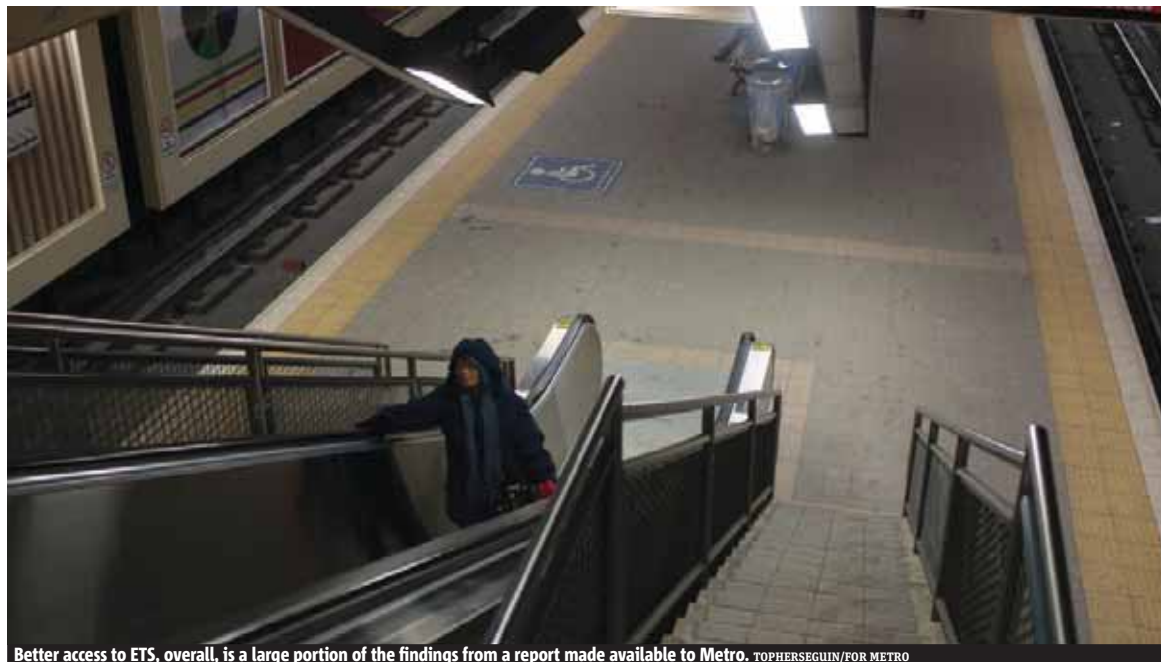
AppColony, a Calgary-based technology company.

"That's called addiction. Call it obsession; call it whatever you want, but bottom line is it is necessary for us."

OneTap has an auto-reply function that replies to calls and texts immediately to let senders know an individual is driving and when the trip is expected to end.

The app kicks in when the GPS detects the phone is moving in a car, but has an option that allows passengers to still send and receive. If a caller texts that a matter is urgent, the app alerts the driver to pull over to accept a phone call.

THE CANADIAN PRESS



Better access to ETS, overall, is a large portion of the findings from a report made available to Metro. TOPHERSEGUIN/FOR METRO

Accessibility still an issue for ETS: audit

Transit. City officials say the report is going forward, with measures being considered



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Keeping paths leading to Edmonton transit centres accessible and making sure the city's public transit fleet accommodate all of those with physical impairments is essential going forward, according to a third-

party report commissioned by the city.

The Steer Davies Gleave report states there's "room for improvement" in making sure both paths leading to transit and that audio and visual elements found on some vehicles in the city's SmartBus fleet be added to both LRT and buses in the city.

"Maintaining good neighbourhood access to all elements of the ETS system is not only good customer service, it is necessary to promoting and maintaining ridership on the system," reads the Accessibility Audit.

Accessibility advocates in

Edmonton agree, saying getting people on Edmonton transit has been a long time in the making.

"I really think they need to boost how much they spend annually on sidewalks up a bit," said Timothy Maxwell, author of the MightyWheels blog, who uses a wheelchair as well. "Proper ramps would be great since many of us are on the roads sometimes, which is very dangerous."

Although the audit says ETS is overall "accessible for persons with disabilities," there are still "a number of challenges and issues" in the system.

Transit officials say the report is going to the transportation department later this week, and items listed as priorities will be evaluated going forward.

Shelterless

7500

Of the more than 10,000 bus stops in the ETS network, approximately 2,100 have shelters and an additional 400 are bus stop zones with some level of amenity such as a bench, but without a shelter, reads the audit. Approximately 7,500 additional bus stop zones are simply a sign on a pole.

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Provincial legislature

No comment from
Prentice on defying
committee over
AG's funding

Premier Jim Prentice is refusing to discuss his decision to defy a legislature committee over funding for the auditor general.

Prentice sparred with reporters at a news conference Wednesday, saying the issue is not about his actions but rather the budget of the auditor general.

"The auditor general of Alberta is currently the best-funded auditor general in Canada by a country mile. In fact, by two country miles," said Prentice. "The auditor general of Alberta has the highest total budget, they have the largest number of staff (per capita and) they have the largest payroll."

The auditor general's department, with a \$27.3-million budget, has called that an unfair comparison given that its mandate and workload are much broader compared with other provinces.

Reporters asked Prentice three times to address

concerns stemming from his announcement last week that he would not honour the decision of the all-party legislative offices committee to restore \$546,000 in funding cuts to the auditor general.

Prentice refused three times and ended the questioning by walking out of the room.

For weeks, Prentice has made it clear that all departments are facing reductions because the collapse in oil prices has drained \$7 billion from the treasury.

Last week, the auditor general's office appeared before the legislature offices committee, which oversees the budgets of arms-length watchdog agencies such as the auditor general and the ethics commissioner.

At that time, some Tories on the committee joined with the opposition to restore the \$546,000 cut, saying they agreed with auditor general Merwan Saher that it would impair his effectiveness and that the office returns millions of dollars more in found savings.

The next day, Prentice told reporters he would not honour that vote.

THE CANADIAN PRESS

International students mourned after crash

U of A. Three people killed over Family Day long weekend; families of victims expected to arrive from China by Thursday morning



LEAH HOLOÏDAY
leah.holoïday@metronews.ca

On the eve of Chinese New Year, students, staff and other grievors gathered at the University of Alberta quad to mourn the deaths of three victims of a long-weekend crash.

Zixuan Huang, Guanning Wang and Shitong Zhao were killed Monday morning when the vehicle they were driving in lost control and flipped over on Highway 2 between Edmon-

ton and Leduc.

One other student was critically injured in the accident and remains in serious condition.

"All three students began their studies with hope and promise, and it is with great sadness that we are gathered here tonight," said University of Alberta interim provost Olive Yonge on Wednesday evening.

"We can only imagine the difficult days that come ahead as you recognize the loss of your friends."

Families of the victims were expected to arrive from China on Wednesday night and Thursday morning.

Zheng Kang, president of the Chinese Students and Scholars Association, said the international student community wanted to honour the victims, especially on such an important night like the eve of Chinese New

Few details on cause

- Police have not released any more details on what caused the crash. The accident shut down the QE II for several hours Monday.
- Two of the victims were current students at the University of Alberta, while one was a former student.

Year.

"It's one of the most important festivals in Chinese culture," said Kang, voice shaking.

"It's time for family to reunite. For most of us, it's been years since we've been able to celebrate this festival with our families, but today, love brings us all together."

"Today, we're one family."

Zhaoyi Chen, president of the International Students' Association at the U of A, said students were shocked to hear about the crash.

While Chen didn't personally know any of the vic-

tims, she said she has close friends who were impacted by the loss.

"We come away from our hometown to Canada. It's a new country, it's a new society — different rules, with different backgrounds. It's new to everyone," she said.

Chen said the collision shows international students need to be aware of some of the dangers associated with driving in the winter.

"We need an official channel to pass the accurate information to the students first hand," she said.

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Students gather Wednesday night to honour victims of a Monday crash on Highway 2. LEAH HOLOIDAY/METRO

Education. Province studying future of schools in rural communities

With rural communities emptying, the province is looking for some bright ideas on how to keep rural schools sustainable.

The province has posted a tender for a research project on the importance of schools to rural communities along with ideas to help keep them open.

"We recognize that rural schools often face unique challenges, and research is one way to help schools ensure that students benefit from inclusive and equitable access to educational opportunities," said Rohit Sandhu, a spokesperson for the education department.

The tender closes at the end of the month and expects work over two years with a maximum price of \$150,000.

For the Battle River School Division around Cochrane, one of the biggest challenges for their rural schools is transportation.

"Our children are on the school bus for a long time, and parents worry about the impact of that," said Rita Marler, the division's superintendent.

Quoted


"We owe it to the children who make their home outside big cities to ensure they receive the same quality of education as their urban counterparts."

Rita Marler, superintendent at Battle River School Division

She said the funding formula for schools can also be a challenge because it's based on student numbers.

"Many small-town schools have lower student numbers than in urban centres, but the basic need for providing programs that help students succeed and services that ensure buildings are kept running smoothly is the same," she said.

She welcomed the province's study because she said it's important to the whole province that rural communities do well. RYAN TUMILTY/METRO



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Mulcair vows NDP will fight anti-terrorism bill

Politics. Parties debate Harper government's proposed Bill C-51

Tom Mulcair cast his New Democratic Party as more courageous and principled than the Liberals as he came out Wednesday against the Harper government's proposed anti-terrorism bill.

The NDP leader's announcement underscored the degree to which the controversial Bill C-51 has become a political football in an election year.

Prime Minister Stephen



NDP Leader Tom Mulcair
SEAN KILPATRICK/THE CANADIAN PRESS

Harper has played on popular support for cracking down on extremists following the murder of two Canadian soldiers

last fall, portraying opponents of the bill as soft on terrorism.

Hoping to inoculate himself from that charge, Justin Trudeau has said Liberal MPs will support the bill even if they fail to win amendments to ensure parliamentary oversight.

Meanwhile, Mulcair labelled Trudeau's stance on the bill "pathetic" and urged the Liberals to reconsider.

Mulcair likened his party's stand to former leader Tommy Douglas's courageous opposition to the War Measures Act, invoked by Trudeau's father Pierre, the Liberal prime minister during the October 1970

FLQ crisis.

Trudeau, however, countered by chiding Mulcair for making "personal attacks." But he then took his own shot at the NDP.

"The fact is the NDP has not once in its history supported strengthening anti-terror measures in this country," Trudeau said.

Harper echoed that charge in the House of Commons as he dismissed Mulcair's contention that the bill would allow security services to treat those involved in legitimate protest and dissent as would-be terrorists. **THE CANADIAN PRESS**

17 Abbotsford police under investigation



MATT KIELTYKA
Metro in Vancouver

British Columbia's Office of the Police Complaint Commissioner is investigating 17 members of the Abbotsford, B.C., police department for alleged misconduct.

The OPCC says that, to date, there have been 148 allegations of misconduct under the province's Police Act against the officers, including corrupt practice, deceit and neglect of duty.

The OPCC learned of the allegations as the Vancouver Police Department (VPD) investigated one Abbotsford officer, Const. Christopher Nicholson, for alleged criminal offences in 2013.

Nicholson was arrested and

charged in May 2013 for breach of trust, obstruction of justice and conspiracy to traffic a controlled substance. An Abbotsford police spokesman said Nicholson has been suspended without pay pending the outcome of his trial.

The OPCC says that during a review of the VPD investigation, more allegations of misconduct against Nicholson and 16 other Abbotsford police were found.

The 16 other officers implicated in the investigation remain on duty.

"It's not a good day, but the reality is we have been living with this for two years," said MacDonald, stressing the allegations have yet to be proven.

The OPCC provides civilian oversight of complaints involving municipal police in B.C.

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U.S. ruling overturning war crimes conviction could help Omar Khadr

A ruling quashing the U.S. military commission conviction of an Australian man could be a boost to Canada's Omar Khadr, who is fighting to have an appeal of his war-crimes convictions heard, his lawyer said Wednesday.

In a unanimous ruling, the U.S. Court of Military Commission Review struck down the March 2007 conviction of David Hicks, reversing what had been one of the American government's few successes in prosecuting prisoners at Guantanamo Bay.

Like Hicks, Khadr also waived his rights to appeal when he pleaded guilty before a widely maligned military commission in Guantanamo in October 2010 to five war crimes committed as a 15-year-old in Afghanistan.

However, his Pentagon-appointed lawyer filed an appeal

in November 2013 with the Court of Military Commission Review, arguing the waiver was never valid and the military commission itself had no jurisdiction to try the case in the first place.

"(The) decision in the David Hicks case is important to Omar Khadr's appeal before the same court," Nate Whitling, one of Khadr's lawyers, said from Edmonton.

"Essentially, it confirms that the form of waiver signed by Omar as part of his plea deal is invalid, and that he may appeal all five of his convictions."

Legal experts say what Khadr was convicted of doing was not a war crime under either American or international law — arguments similar to those made by two associates of terrorist mastermind Osama bin Laden.

In their cases, a U.S. civilian



Omar Khadr is seen in this 2013 artist's sketch. **THE CANADIAN PRESS**

court quashed their military convictions.

Despite those rulings, the commission review court has refused to hear the case, arguing other appeals to civil courts have to be decided first.

THE CANADIAN PRESS

Ukraine conflict

Canada increases sanctions against Russians

Canada says it is intensifying economic sanctions against Russian individuals and companies in response to the tense situation in eastern Ukraine.

Prime Minister Stephen Harper says the move is being made in response to what he says is Russia's backing of rebel forces in eastern Ukraine. He says 17 Russian and Ukrainian organizations are affected by Canada's latest economic sanctions, including Rosneft — the Russian oil giant.

Harper also announced sanctions and travel bans against 37 Russian and Ukrainian individuals, including Russia's deputy minister of defence.

THE CANADIAN PRESS

Mad cow

Diseased cow born two years after feed ban, CFIA says

Canada's food safety organization says the cow discovered on an Alberta farm with mad cow disease was born two years after Ottawa imposed a tougher ban on animal feed ingredients to guard against the disease.

The Canadian Food Inspection Agency (CFIA) announced Wednesday that the cow discovered with bovine spongiform encephalopathy (BSE) earlier this month was born in March 2009.

Paul Mayers, a CFIA vice-president, said the agency is working to determine the source of the feed used at the birth farm in Alberta and assess any potential risk factors.

THE CANADIAN PRESS

Crime

Luka Magnotta abandons appeal

Luka Rocco Magnotta abandoned the appeal of his first-degree murder conviction in the slaying of Jun Lin Wednesday, setting the stage for an eventual meeting between the killer and the victim's devastated father.

Quebec Court of Appeal Judge Genevieve Marcotte asked Magnotta if he was abandoning his appeal voluntarily.

Magnotta replied he'd made up his mind and didn't need more time.

A lawyer representing Lin's family said Lin's father is now willing to meet with the convicted killer.

"He would like to learn more about what happened that night," the lawyer said. **THE CANADIAN PRESS**

B.C. students push for inclusivity



Protesters sit outside a men's washroom at Simon Fraser University as others occupy the inside Wednesday during a demonstration in Burnaby, B.C. DARRYL DYCK/THE CANADIAN PRESS

Burnaby. Protest staged at Simon Fraser University to demand more gender-inclusive washrooms

Theron Meyer has come to expect double-takes and nasty comments every time she uses a public washroom.

The 20-year-old Simon Fraser University student, who identifies herself as trans feminine, goes out of her way to avoid multi-stall washrooms — even tolerating hours of discomfort to avoid the subtle but powerful harassment levelled against her.

Meyer was among the stu-

dents who staged a protest Wednesday to demand more gender-inclusive washrooms at SFU. The issue extends far beyond the university in Burnaby, B.C., as transgender students across Canada fight to feel safe using public facilities.

As part of their protest, transgender students occupied a men's washroom at SFU, placing a sign on the door that read, "All genders welcome," and "This toilet has been liberated from the gender binary."

There are about 50 single-stall washrooms on the university's main campus in Burnaby. But protesters say they want gender-inclusive signs added to them and a number of multi-stall men's and women's restrooms to be made gender-neutral.

"I think that bathrooms shouldn't be places of identity and I think that using the washroom is everybody's right," said protest organizer Nathan Lyndsay, 24, who identifies himself as trans masculine.

"Trans students and gender-non-variant folks carry a lot of anxiety about accessing washrooms because of a real fear of violence and rape."

Associate vice-president of student services Tim Rahilly said that since 2003, whenever the university does renovations on a washroom, it considers the feasibility of making it gender-neutral. Meanwhile, across Canada, school boards and other public institutions have struggled with how to make transgender students feel safe.

THE CANADIAN PRESS



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North Sask. Community shocked after shooting

People in a northern Saskatchewan community were struggling Wednesday to understand the fatal shooting of a 17-year-old boy and the alleged abduction of his girlfriend.

Police continued to search for Jonas Budd, 43, who is a suspect in the killing and is wanted as part of an Amber Alert that was cancelled after 17-year-old Kayla Natomagan was found unharmed near Cranberry Portage in Manitoba.

Tammy Cook-Searson, chief of the Lac la Ronge First Nation, said the community was in shock. Family and friends identified the dead teen as Dustin Bird, she said, but police have not publicly confirmed his identity. THE CANADIAN PRESS

Trudeau urges national debate on assisted suicide

The Conservative government should immediately launch a comprehensive national debate about doctor-assisted suicide in the wake of a landmark Supreme Court decision, the federal Liberal leader says.

Justin Trudeau called on the Harper government to get talks started in order to take full advantage of the one-year grace period the high court provided when it opened the door to the controversial practice earlier this month.

"The Supreme Court has tasked us with the job of doing our job as legislators," Trudeau said Wednesday after a Liberal caucus meeting.

"I think it's important that we do that."

Two weeks ago, the high court unanimously struck down the ban on providing

Divide

- Some groups have condemned the Supreme Court ruling, warning that legalizing euthanasia could have far-reaching consequences, particularly for vulnerable Canadians.
- Others have applauded the decision, saying it's about time that certain people under particular circumstances were given a say in when and how their lives should end.

a doctor-assisted death to patients who are mentally competent but suffering from "irremediable" ailments.

However, the court suspended its judgment, giving

Parliament a year to introduce legislation recognizing the right of consenting adults with intolerable physical or mental suffering to seek medical help in ending their lives.

That doesn't leave much time to come up with a new law, said Trudeau — especially given the strong views held on both sides of what he acknowledged is a divisive and passionate debate.

Trudeau put the issue to Stephen Harper during question period Wednesday, and the prime minister acknowledged the complexity of the issue, even if he was non-committal on the way forward.

"It is clear that this is a sensitive issue for many Canadians, and deep convictions are held on both sides," Harper said in French.

THE CANADIAN PRESS



Liberal Leader Justin Trudeau asks a question during Question Period in the House of Commons on Wednesday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Kidnapping trial begins

Trenton, New Jersey. Prosecutors allege U.S. rabbi used force to make unwilling Jewish husbands divorce their wives

Opening statements began Wednesday in the trial of rabbi Mendel Epstein, who faces charges of conspiracy to commit kidnapping and attempted kidnapping.

Prosecutors allege the Orthodox rabbi's team used brutal methods and tools, including handcuffs and electric cattle prods, to torture men into granting divorces. Defence attorney Robert Stahl says the Orthodox rabbi wasn't involved in any crimes and is a "champion of women's rights."

During their opening statement, prosecutors played a short, grainy clip of Epstein discussing a staged kidnapp-

ing with two undercover FBI agents. He tells them: "Basically, what we're going to be doing is kidnapping a guy for a couple hours."

The kidnap team brought surgical blades, a screwdriver and rope to a staged kidnapping in 2013, authorities have said. Epstein, who was indicted last May along with his son and three other Orthodox rabbis, allegedly told the undercover agents he arranged similar kidnappings every year or year and a half.

"If (the cattle prod) can get a bull that weighs five tons to move, you put it in certain parts of his body and in one minute the guy will know," prosecutors said Epstein told two undercover FBI agents posing as a brother and sister trying to force the sister's husband to grant the ritual Jewish divorce known as a "get." Prosecutors say he was recorded telling the agents the effort would cost at least \$50,000.

THE ASSOCIATED PRESS



'The unspeakable in full pursuit of the uneatable'

In this photo taken Feb. 10, Gerald Sumner, huntsman and master of the hounds of Kimblewick Hunt, leads off the hunt in Ibstone, England. A decade ago, Britain banned fox hunting with hounds, a centuries-old blood sport Oscar Wilde dubbed "the unspeakable in full pursuit of the uneatable." Fox hunting has deep roots in the countryside and strong opponents in the urban centres. The Hunting Act banned using dogs to kill the animals, though there are loopholes: Up to two hounds can chase foxes into open ground so they can be shot. THE ASSOCIATED PRESS

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WORLD

17

Copenhagen

Gunman used assault rifle, two handguns

Danish police say the gunman behind weekend shootings at a free speech seminar and a synagogue in Copenhagen used an assault rifle and two handguns in the attacks.

Omar Abdel Hamid

El-Hussein, 22, was killed in firefight with police early Sunday after a shooting spree that authorities say may have been inspired by the terror attacks in Paris last month.

Copenhagen police confirmed his identity late Tuesday, after several media, including The Associated Press, had already confirmed it through sources.

THE ASSOCIATED PRESS

Fighting in Afghanistan

UN records 22% rise in civilian deaths, injuries

The number of civilians killed or wounded in fighting in Afghanistan climbed by 22 per cent in 2014 to reach the highest level in five years as foreign troops concluded their combat mission, the UN said in

an annual report released Wednesday.

The United Nations Assistance Mission in Afghanistan documented 10,548 civilian casualties in 2014, the highest number in a single year since 2009. They include 3,699 civilian deaths, up 25 per cent from 2013.

The UN says the Taliban and other insurgents were responsible for 72 per cent of all civilian casualties.

THE ASSOCIATED PRESS

Argentina

Thousands ask for answers about prosecutor's death

Thousands of Argentines are marching in Buenos Aires to demand answers in the mysterious death of prosecutor Alberto Nisman a month ago.

Carrying Argentine flags and waving signs reading "Justice!" and "Truth!",

protesters began walking Wednesday evening from Congress to the iconic Plaza de Mayo in downtown.

Nisman was found dead of a gunshot wound Jan. 18, hours before he was to detail to Congress his explosive accusations that President Cristina Fernandez orchestrated a secret deal with Iran to shield those responsible for the 1994 bombing of a Jewish community centre in Buenos Aires. THE ASSOCIATED PRESS

Ukraine rail hub falls

Debaltseve. Giving up the town could remove the major impediment to a lasting ceasefire

Government soldiers pulled out of a ferociously contested railway hub in eastern Ukraine Wednesday, ending a siege so intense the retreating troops said they couldn't get water or food amid relentless shelling by Russian-backed separatists. At least six soldiers were killed in the withdrawal and more than 100 wounded.

President Petro Poroshenko sought to portray the fall of Debaltseve in a positive light, saying the pullback was carried out "in a planned and organized manner," despite assertions by exhausted and dirt-caked soldiers, some of whom made their way out on foot, that their forces suffered heavy losses.

No matter the circumstances, the retreat appeared to be an acceptance by the Ukrainian leader of a humiliating defeat in exchange for

a chance at pushing a shaky truce agreement forward and securing the pullback of heavy weapons.

The loss of Debaltseve was a serious setback for the army. The town is a strategic railroad junction that lies on the most direct route between the separatist east's two major cities, Donetsk and Luhansk. By taking control of it, rebels gain significant transportation connections to boost their regions' capacity to function as a unified entity.

Its strategic importance kept the battle raging even after a ceasefire between Ukrainian forces and the Russia-backed rebels went into effect Sunday and appeared to be mostly holding elsewhere after fighting that has killed more than 5,600 people since April.

Relinquishing the town could remove the major impediment to a lasting ceasefire and begin the next step that was agreed to in a peace deal last week — the pullback of heavy weapons by both sides to create a buffer zone at least 50 kilometres wide. THE ASSOCIATED PRESS



While U.S. debates vaccines, Pakistan seeks to wipe out polio

A health worker gives polio vaccine to a child Monday at a bus terminal in Rawalpindi, Pakistan. While vaccine distrust has sparked debates amid a measles outbreak in the United States, Pakistan is in a deadly battle to wipe out polio. Long eradicated in the West, polio remains endemic in Pakistan after the Taliban banned vaccinations, a problem compounded by targeted attacks on medical staffers and suspicions that linger about the inoculations.

B.K. BANGASH/THE ASSOCIATED PRESS

Terrorists 'have perverted Islam': Obama

Muslims in the U.S. and around the world have a responsibility to fight a misconception that terrorist groups like ISIL speak for them, President Barack Obama said Wednesday in his most direct remarks yet about any link between Islam and terrorism.

For weeks, the White House has sidestepped the

question of whether deadly terror attacks in Paris and other Western cities amount to "Islamic extremism," wary of offending a major world religion or lending credibility to the "war on terror" that his predecessor waged. But as he hosted a White House summit on countering violent extremism, Obama said some in Mus-

lim communities have bought into the notion that Islam is incompatible with tolerance and modern life.

"We are not at war with Islam," Obama said. "We are at war with people who have perverted Islam."

While putting the blame on ISIL and similar groups — Obama said the militants mas-

querade as religious leaders but are really terrorists — the president also appealed directly on prominent Muslims to do more to distance themselves from brutal ideologies. He said all individuals have a duty to "speak up very clearly" in opposition to violence against innocent people.

THE ASSOCIATED PRESS

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U.K. Charles takes a tour of London's sewer system

Prince Charles got down and dirty Wednesday, donning a hard hat and protective glasses to visit a sewer tunnel 75 metres under east London.

The heir to the throne was marking the 150th anniversary of the city's sewers, created by engineer Joseph Bazalgette to erase the "Great Stink" caused by sewage and effluent that was being dumped into the River Thames.

The 19th-century stench was so bad it overwhelmed lawmakers in the Houses of Parliament, who hired Bazalgette to find a solution. His sewers, a wonder of Victorian engineering, were designed for use by two million people but now struggle to serve more than six million.

The prince visited the ornate Abbey Mills Pumping Station, a central part of Bazalgette's network, to inspect a new tunnel designed to reduce the 39 million tonnes of untreated sewage that is still released into the river each year.

Tony Brown, one of two young apprentices who showed Charles around the seven-metre-wide concrete tunnel, declared the prince "down to earth and a real nice guy."



Prince Charles visits the Lee Tunnel on Wednesday to mark the 150th anniversary of London's sewers.

CHRIS PLEDGER/THE ASSOCIATED PRESS POOL

The seven-kilometre Lee Tunnel, the deepest ever built under London, is due to go into use in December as part of efforts to deal with the flow of waste from London's 8.6 million inhabitants. Their sewage not only taints the Thames but often creates "fatbergs" — blobs of congealed fat, baby wipes and other waste that can weigh tonnes and clog sewers.

Charles' great-great-grandfather, who became King Edward VII, opened Bazalgette's sewer network in 1865 when he was heir to the throne.

THE ASSOCIATED PRESS

Mozambique. Arrest made in poisoned-beer killings

A man suspected of poisoning the traditional beer that killed more than 70 people has been arrested, Mozambican police said Wednesday.

Graciano Antonio was arrested while trying to flee, provincial police spokesman Luis Nudia said. He has been taken to the capital of the northeast Tete province, where he will be charged by the attorney general's office.

"Now the attorney general's office is investigating the man and which substance he used to poison the people and to know the real motives," said Nudia.

Nearly 200 people were hospitalized after drinking

traditional beer at a funeral in the region last month, health authorities said.

Pombe, a traditional Mozambican beer, is made from millet or corn flour and brewed for about two days.

The beer was believed to be poisoned with crocodile bile, health authorities said, but experts have cast doubt on whether the bile would be poisonous.

Samples of the poisoned beer have been sent to the United States and Germany, where the source of the contamination is being tested, the health ministry said.

THE ASSOCIATED PRESS



A woman attends the "Mulheres Rodadas" (roughly translated, "women who have been around") block parade in Rio de Janeiro on Wednesday. As Carnival season winds down in Brazil, hundreds of women have gathered in a large street party to mock the social stigma tied to them being sexually experienced.

SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Women who've been around take a stand

Brazil. Feminists use party to challenge double standard on sexual experience

Quoted

"For men, it's always been so natural to be free sexually. But women feel that people are constantly counting their mileage." Isa Carral, a 21-year-old law student

As Carnival season winds down in Brazil, hundreds of women dressed as symbols of feminism and gathered in a large street party on Wednesday to mock the social stigma tied to their sexual experience.

They called themselves "Mulheres Rodadas," which roughly translates as "women who have been around."

The revelers who met at a Rio de Janeiro park complained of the double standard that shames women who have had many past sexual partners yet praises men for the same thing.

Organizer Deborah Thome said the idea was born after a Brazilian man shared a message on social media saying he didn't deserve a woman

with multiple past sex partners, sparking outrage among women in Brazil.

"What we stand for is the will to choose," said Thome. "A 'mulher rodada' is a woman who has lived life to the fullest, who has travelled and fallen in love many times."

Many women wore headgear topped by fruit like

legendary samba singer Carmen Miranda, while others painted the unibrow of renowned Mexican surrealist painter Frida Kahlo. There were also partygoers dressed as U.S. feminist symbol Rosie the Riveter, one of them carrying a "We can do it" sign. Some were a bit more symbolic, dressing as taxis, for their high mileage or Navy captains for being well travelled.

The Facebook post that caused outrage in December and gave birth to the Carnival street party no longer shows on the page of the Brazilian group "Right-Wing Youth."

THE ASSOCIATED PRESS

Samba group accused of political parade



Performers from the Beija-Flor samba school perform in 2014.

FELIPE DANA/THE ASSOCIATED PRESS FILE

The Beija-Flor samba group was declared the champion of Rio de Janeiro's hotly contested Carnival parade competition Wednesday. The group stoked controversy by staging a presentation focusing on Equatorial Guinea, which is run by Africa's longest-ruling dictator, Teodoro Obiang Nguema Mbasogo.

The newspaper O Globo reported last week that the samba group had received \$3.5 mil-

lion from Equatorial Guinea's government. But officials from Beija-Flor — the Portuguese word for "hummingbird" — would only say they received "cultural and artistic support."

There is no cash prize for the high-profile contest, just a trophy and bragging rights.

Rio's samba groups have long been dogged by allegations of financial irregularities. Several court cases over the

decades linked top samba group officials to illegal lottery rackets known as "jogo do bicho," or "animal game."

Others have drawn criticism for accepting funding from foreign governments.

In its emailed statement, Beija-Flor insisted its parade theme this year was "strictly cultural and does not address (Equatorial Guinea's) government." THE ASSOCIATED PRESS



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Sarah Lazar, a freelance graphic designer, is seen in her rented office space in Montreal on Feb. 9. Lazar uses the App for her design firm, Cow Goes Moo. RYAN REMIORZ/THE CANADIAN PRESS

App helping people to find office space

Business. Already running in Ottawa and Montreal, Breather will launch soon in Toronto

Sarah Lazar, a self-employed graphic designer, can't afford to rent a work space on a permanent basis. But the 26-year-old Montreal resident needs somewhere to meet regularly with clients; her last attempt at holding a business meeting in a coffee shop proved frustrating.

Breather, a mobile app that allows users to rent private work space by the hour, hopes to capitalize on the steady movement of people into the

ranks of the self-employed and those working at home.

The service is available in Montreal, Ottawa, San Francisco and New York and will soon be launching in Toronto. So far, the site has about 50 locations and expects to have 200 spaces listed by July.

While the concept has started to gain steam in the U.S., Breather is one of the only apps to rent professional work space by the hour in Canada.

With Breather, users can rent a small work space, for rates ranging from \$15 to \$40 per hour depending on the city, the space and the time of day. The office spaces are furnished and equipped with Wi-Fi.

A temporary code to unlock

the office door is sent to the user's phone, about 15 minutes before the reservation time.

"I think of the phone as the key for everything," says Julien Smith, one of the company's two co-founders. "Some people call it the remote control for your life."

However, it remains to be seen how sustainable the concept will be over the long term, and finding vacant space in red-hot real estate markets has been a challenge.

"At the very beginning, it was very hard to get space," says Smith. "Now it's turning around. People are offering us a lot of space and we're able to be really selective about what we accept." **THE CANADIAN PRESS**

Market Minute

DOLLAR
80.53¢ (-0.28¢)

TSX
15,212.75 (-71.86)

OIL
\$52.14 US (-\$1.39)

GOLD
\$1,200.20 US (-\$8.40)

Natural gas: \$2.831 (+0.07¢)
Dow Jones: 18,029.85 (-17.73)

Retirement. About 60% of Canadians expect to work past 65, poll suggests

A new poll has found there are more Canadians who expect to be working past age 65 than those who expect to be retired.

The annual Sun Life poll showed 60 per cent of respondents anticipated they would be working either full- or part-time when they reach 65.

Sun Life Financial says it's the first time in seven years

that the number of Canadians polled who expect to still be working full-time past the normal retirement age (32 per cent) has surpassed the number of those who expect to be retired (27 per cent).

The Sun Life poll was conducted online by Ipsos Reid with a sample of 3,000 working Canadians between 30 to 65 years old from Dec. 5 to 22.

THE CANADIAN PRESS



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VOICES

SEXING UP THE ELECTRIC CAR

Electric cars need to hit the sweet spot of affordability and attractiveness, and Apple has the know-how to do that, as it has proven with the iPod



STEPHANIE ORFORD
readers@metronews.ca

MP3 players weren't much to look at in 2001. Ugly and not intuitive to use, they didn't make a style statement and not many people used them. Then came the iPod. The ads alone were enticing — the black silhouettes holding white iPods and earbuds, jamming in bus shelters, subway platforms and across major thoroughfares around the world. By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing.

That's what needs to happen to the electric car.

According to news in the Wall Street Journal, Business Insider and other publications this past week, Apple has undertaken a major project to develop one and is apparently recruiting auto industry professionals in hordes. Images have been circulating online, of test vehicles kitted out with sensors and cameras.

Although electric cars have been slow to be adopted in Canada, sales have been steadily increasing over the past year, but nowhere near the levels they need to be if Canada wants to cut its greenhouse gas emissions significantly. An Apple electric car could be the tipping point we're looking for — the product that would make environmentally friendly vehicles cool.

People need to see how a new technology will benefit them before they adopt it. The largest group of people who bought electric cars in 2013 were 45-to-54-year-olds, accord-



An Apple electric car could be just the tipping point needed to make fossil-fuel-burning vehicles obsolete. iSTOCK

ing to recent research by Green Car Reports. But now that electric car prices are falling, millennials are starting to be able to afford them — and their tastes matter, too. For millennials, form, function and environmental sustainability are equally important.

Electric cars have environmental sustainability in the bag but, unfortunately, there's not an electric car today that quite hits the sweet

spot of affordability and attractiveness. The one great-looking electric car, the luxury Tesla Model S, has a base price that's higher than the down payment on your average condo.

The relatively affordable electric cars currently available are odd-looking and don't have mass appeal. The frog-eyed Nissan LEAF and the giant dustbuster Mitsubishi i-MiEV might work as niche-market products, like

Smart Cars do. But will they get a generation buying electric? No.

Car buyers are looking for design that's a step ahead, not a lightyear. Studies have shown that radically new and different products turn off consumers — RIP Crystal Pepsi and good luck to you, Google Glass. People tend to prefer new products that are easy to adopt and have design elements that are familiar. They don't like too much change too fast.

Beautiful and usable

By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing. That's what needs to happen to the electric car.

In 2001, your Discman seemed just fine next to the MP3 players of the day, but when you compared it to the iPod, you suddenly saw it as a relic of a bygone era.

There needs to be an electric car just as magnetic, to make fossil-fuel-burning vehicles obsolete.

Stephanie Orford is a writer based in Vancouver.

Women face double standard in justice system



STEPHANIE TAYLOR
Metro in Halifax

Two people in Halifax are accused of plotting to commit the same gruesome crime. Their guilt has yet to be determined by the justice system but, in the court of public opinion, judgment has already been cast on the suspects. One is being described as immoral and reprehensible. The other simply as a loner. The only difference between the two is that one is a woman and one is a man.

This is not an uncommon scenario, according to Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, which advocates for women in the justice system.

"The expectation is that women are not supposed to be violent," she said. "If a woman commits a violent act, she is often seen as more morally blameworthy than a man would be in the same situation."

This perception, says Pate, is rooted in the way girls are socialized to be nurturers.

That may be a possible explanation for why readers are calling 23-year-old Lindsay Kanittha Souvannarath a "disgusting pig" who looks like "a \$5 hooker," while her 20-year-old co-accused, Randall Steven Shepherd, is simply cast as deranged loner for allegedly plotting to shoot up a Halifax mall on Valentine's Day.

The reality is that most people expect criminals to be men, and when that's not the case, we're often thrown a bit off, said Catherine Latimer, from the John Howard Society of Canada.

"When you think in your own mind and visualize who's likely to be a terrorist or a criminal, you tend to think male," Latimer said.

That stereotype is based in some fact, according to a 2011 Statistics Canada report that found women mainly enter the criminal-justice system as victims, not perpetrators.

Using data from 2009, the report approximates that 233,000 females (both youth and adult) committed a Criminal Code offence, compared to more than 700,000 men.



Lindsay Kanittha Souvannarath



Randall Steven Shepherd

Welfare fraud, shoplifting, drug and solicitation charges — what Latimer calls "survival-based crimes" — are those most commonly committed by women, especially among those who are disenfranchised. Murder, meanwhile, continues to be a predominantly male crime.

As a reporter, I can attest that when a woman is a suspect of violent crime it warrants a higher level of newsworthiness than a man, simply for the public interest. Think

of the responses to Victoria Henneberry — the woman charged with the first-degree murder of Loretta Saunders — who was met with venomous personal attacks compared to those against her boyfriend, Blake Legette, whose criminality seemed expected.

That double standard can play a destructive role to women in the justice system, warns Pate. Female offenders are often subject to harsher treatment throughout the judicial process — from police officers, Crown prosecutors, correctional officers, judges and even their own defence attorneys. Statistically, women are also handed longer sentences than men convicted of the same crime.

So what does this mean for the 23-year-old American woman accused of boarding a plane to carry out a mass shooting in Halifax?

That justice may be blind, but let's hope it's not sexist.

Stephanie Taylor is a Metro reporter based in Halifax.

For the kids



Pharrell Williams GETTY IMAGES

Pharrell wants to make kids Happy with new book

Pharrell Williams has a Happy book deal.

The Grammy Award-winning performer has an agreement with Putnam Books for Young Readers for four picture books, starting with one inspired by his hit song. Putnam announced Tuesday that the book, Happy, will be published Sept. 22 and will feature photographs of children from around the world "celebrating what it means to be happy."

THE ASSOCIATED PRESS

New Dr. Seuss tale to be released

More than 20 years after his death, there is still plenty of news about Dr. Seuss.

Random House Children's Books said Wednesday it will publish a recently discovered manuscript with illustrations called What Pet Should I Get, on July 28. The publisher plans at least two more books, based on materials found in 2013 in the author's home in La Jolla, California, by his widow and secretary.

The author, whose real name was Theodor Geisel, died in 1991.

THE ASSOCIATED PRESS

His pretty little pictures now published in a book

Photography. Actor Keegan Allen looks at life behind the lens with his new work

Keegan Allen spends much of his life on camera on the ABC Family series Pretty Little Liars, but he spends his free time behind the lens, taking photos.

His love of photography was born at age 10, when his father (the late actor Phillip R. Allen) let him borrow a Leica M6, a range finder camera.

"I was very introverted and that was my way of sharing my life with people ... I wanted people to relate to the images that impacted me," Allen, 25, says.

His new photography book, life.love.beauty, was recently published by St. Martin's Press.

Here Allen talks about photography and the identity of the mysterious character known as "A" on Pretty Little Liars.

Film vs. digital

I feel like something has been lost with digital (photography). There was something about shooting film that was romantic with time spent waiting to see what the image was. It was a lot more thoughtful. There was a process to it.

He's still learning

I don't consider myself in any way, shape or form a professional photographer. It's a hobby that I love and I'll continue to do it for the rest of my life and try to get as happy with the result as possible.

Allen on selfies

"I don't have a problem with selfies. I don't think anybody should have a problem with new things. ... It's just another form of expression and every form should be celebrated."



Lighting Matters

It's all about practice and understanding light. Lighting is 90 per cent of photography. If you don't have light, you don't have photography. Also, I think it's important when I see people clicking away if you want a photo that speaks to others, have it speak to you. Make sure you know why you're keeping a photo or an image. It will change the way you look at the world.

He knows the identity of killer 'A' on Pretty Little Liars

It's shocking, it's stunning, it's exhilarating, it's tremendous ... If you really go back to Season 1 and watch it all the way ... and you really pay attention, you will know and understand who it is from the clues that they place there ... It's a really amazing fable of four girls being traumatized by this character and (it's) pretty heartbreaking and gut-wrenching when you really find out.

THE ASSOCIATED PRESS



Keegan Allen has been taking pictures since he was 10 years old.

THE ASSOCIATED PRESS

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Awards. Klein, Levant are on long list for \$20K prize

Acclaimed writer Naomi Klein and former Sun News Network host Ezra Levant are competing for this year's \$20,000 National Business Book Award.

Klein made the prize's long list for *This Changes Everything: Capitalism vs. the Climate* (Knopf Canada), which is also a finalist for the \$25,000 Shaughnessy Cohen Prize for Political Writing.

Levant, winner of the 2011 National Business Book Award, made the cut this time for *Groundswell: The Case for Frac-*

Other finalists include Peter Foster for *Why We Bite the In-*



Naomi Klein THE CANADIAN PRESS FILE

visible Hand: *The Psychology of Anti-Capitalism* (Pleasance Press) and Alfred Hermida for *Tell Everyone* (Doubleday Canada). **THE CANADIAN PRESS**

Ebooks

Digital imprint will focus on Warhol's Factory

Andy Warhol's Factory is going digital. Open Road Integrated Media has launched Factory Books, a line of ebooks about Warhol and

the artists and bohemians he worked with starting in the 1960s. Titles include Stephen Koch's *Stargazer: The Life, World and Films of Andy Warhol*, *Ultra Violet's Famous for 15 Minutes: My Years With Andy Warhol* and Candy Darling's *Candy Darling: Memoirs of an Andy Warhol Superstar*.

THE ASSOCIATED PRESS

Awkward Black Girl jumps between mediums with grace

Memoir. Issa Rae, the force behind a massively successful web series, has an HBO deal and a new book on her teen years

EMILY LAURENCE
Metro in New York City

Twenty-six-year-old Issa Rae first found her voice with her *Awkward Black Girl* web series, which has hundreds of thousands of YouTube subscribers. Since then, she's launched her own initiative called Color Creative, producing pilots for women and minority writers, has a talk show on the Aspire network and is producing an HBO show with Larry Wilmore called *Insecure*. Somehow, she found time to write a collection of essays about being a teen. *The Misadventures of Awkward*

Black Girl. We called up Rae to get her to dish even more.

You have no shortage of projects to keep you busy. Why a book?

I've always wanted to write a book, ever since I was a little girl. (Originally), I set out to write a fiction book, but I was having a conversation with my editor and she was like, "Why don't you just write it about yourself? You're an awkward person, so what experiences made you awkward?"

How do you get to a mindset where you're unafraid to put it all out there?

Initially, it felt like writing in a journal, like it

was just for me. Writing is a really intimate process because you're by yourself, so it just felt like me unloading on a page. It wasn't until I turned it in and my editor gave me the manuscript that I was like, "Oh s—, people are going to read this!"

Who was the first person you let read it?

My younger sister was the first person to read it in its entirety. I sent it to her being like, "I'm having anxiety issues about all that I revealed. Can you please read it and let me know if it's too TMI?" So she read it and was like, "You should let dad read it." I said, "Now there's a thought."

Issa Rae
KAT CONTRERAS

Quoted



"It wasn't until I turned it in and my editor gave me the manuscript that I was like, 'Oh s—, people are going to read this!'"

Issa Rae, a.k.a. *Awkward Black Girl*

Uh-oh.

Right. But I did and it forced us to talk about some things that I never had talked to him about before. He was completely supportive. He told me, "You come from the social media generation where you guys put it all out there and you signed up to write this book." That said, he also told me my family did not sign up for it and I should be mindful of that. So I did go back and censor it a bit.

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And the Pawscar goes to... Crystal the monkey

Animal actors. As awards season wraps up, non-human stars are also getting nods for onscreen work

Honouring actors brings out red carpets, couture and — sometimes — creatures.

A monkey who's starred in 25 movies over two decades was top dog at the sixth annual Pawscars, the animal version of the Oscars.

Waving a statue over her head in triumph, a beaming Crystal accepts the "lifetime diva achievement award"

Other Pawscars include...

- The animals in *Wild*, starring Reese Witherspoon, won for best ensemble: Muffet the horse, Dharma the fox, Fred the rattlesnake, Tess the dog, Sport the rabbit and Taiga the llama.
- Dale, a horse in *Dawn of the Planet of the Apes* who carries the apes' leader, won for best supporting equine.

looking every bit the part in a pink, floor-length gown and necklace during the show

streaming online Wednesday.

The Capuchin monkey, who played a Ben Stiller-slapping, key-stealing primate in *Night at the Museum* and a drug-dealing monkey in *Hangover Part II*, is "the Angelina Jolie of animal stars," said NCIS actress Pauley Perrette, who is hosting the show with teen actor Lou Wegner.

The award for the best puppy under pressure went to

a King Charles spaniel named Wolfie who appeared in the movie *The Interview*.

As pets become more important parts of everyday life, including on film and TV, animal award shows have grown in popularity. Pets already took the limelight at the World Dog Awards, the Puppy Bowl and Kitten Bowl on Super Bowl Sunday, and the Westminster dog show.

Like the Oscars, the Pawscars wrap up awards season but are far more low-key. The hosts announce the awards from armchairs in Perrette's Hollywood guest house, while Crystal perches on a nearby ottoman. Other winners are sent an official Pawscars certificate and special treat.

Praise for animals on set doesn't come without detract-

ors: People for the Ethical Treatment of Animals says live animals don't belong in film and TV work. The American Humane Association, the group hosting the Pawscars, has a 75-year-old program that ensures the safety of animal actors and gives its approval by allowing the familiar "No Animals Were Harmed" tagline to roll in movie credits. **THE ASSOCIATED PRESS/AFP**



Best supporting puppy? James Franco and a Cavalier King Charles spaniel named Wolfgang appear as Dave Skylark and Digby in *The Interview*.

THE CANADIAN PRESS

Celebrities

Selena Gomez goes topless for V Magazine

Selena Gomez has gone topless in the latest cover of V Magazine, which features an interview with the pop star and actress conducted by her Spring

Breakers co-star James Franco. In the interview, Gomez tells Franco about her relationship with Justin Bieber, her "next boyfriend" and her bout with depression. The issue hits newsstands Feb. 26. **AFP**



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METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Rick Salomon and Pamela Anderson ALL PHOTOS GETTY IMAGES

Pam's divorce is tough on the Rottweiler

It's barely been a week since Pamela Anderson filed for divorce from husband Rick Salomon, and already tensions are escalating. The former Baywatch star is reportedly ordering him to

remove his two daughters, ages 16 and 18, from her Malibu home immediately. She also wants his Rottweiler, Bumblebee, removed from the premises — so you know she means business.

Salomon, who is currently working in

Las Vegas, reportedly "begged Pam to give him a week or two until they could find a new place," but Anderson isn't budging. This is the second time Anderson has filed to end her marriage to Salomon, and they were also briefly married in 2007 before Anderson had it annulled. Maybe this time it will stick? I just hope Bumblebee's OK.

Anti-vaxxers don't get to hold Kristen's baby

The backlash against parents opposed to vaccinating their kids has a new celebrity face: House of Lies and Veronica Mars star Kristen Bell, who has two infant daughters at home. "When Lincoln was born (two years ago), the whooping cough epidemic was growing, and before she was two months old, we simply said, 'You have to get a whooping cough vaccination if you are going to hold our baby,'" Bell tells

the Hollywood Reporter. And she and husband Dax Shepard aren't loosening those precautions a bit with newborn Delta. "It's a very simple logic," she explains. "I believe in trusting doctors, not know-it-alls."

Kristen Bell



Buffy star busted again



You may recall Nicholas Brendon played Xander, circa early 2000s. He looks grown-up now, but the actor's allegedly been acting like a rowdy teen.

Oh, Xander. Oh, no. Former Buffy the Vampire Slayer star Nicholas Brendon has had his second run-in with the law in less than six months after being arrested in Ft. Lauderdale, Fla. for grand theft and criminal mischief, according to TMZ. Brendon, who was in town to attend the Shock Pop Comicon fan event, allegedly trashed his hotel room and skipped out on the bill, leaving behind a \$380 food and beverage

tab plus \$450 in damages. "While attending Shock Pop Comicon in Ft. Lauderdale, Florida, Nicholas was placed into a deplorable situation involving his professional arrangements and chose to react in an adverse manner. This reaction led to his arrest on Monday," a rep for the actor tells E! News.

Tom's got a thing for aliens

When he's not fighting with his Blink-182 band-mates, Tom DeLonge is busy searching for proof of extra-terrestrial life. And, he insists in an interview with Paper, he's found it. "If anybody tells you there's no life in the universe, you should be turned off. That's just such a dumb thing to say," he tells the magazine. "It's totally, universally accepted amongst the country's elite scientific establishments that there's life everywhere. The question is what kind, where, how'd they get here, what are they doing when they get here, and how do we communicate with them?"



Tom DeLonge

Perry almost wasn't a Friend

Can you imagine Friends with someone other than Matthew Perry playing Chandler Bing? Well, it nearly happened, all because Perry's business manager at the time told him he had no money and needed a gig badly. Before the script for Friends came along, he'd signed up to star in a sitcom pilot called LAX 2194, about "baggage handlers at the L.A. airport in the year 2194," he recently told Seth Meyers.



Matthew Perry

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Grace Kelly meets Chaka Khan

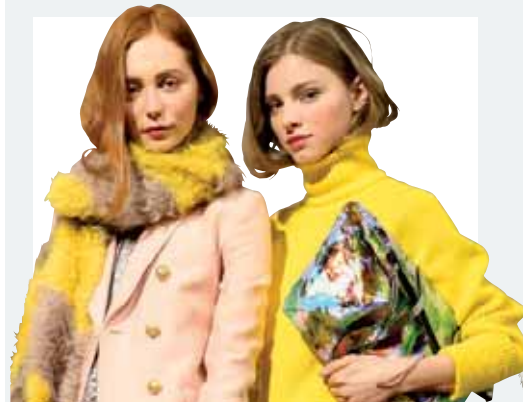
Zac Posen said he was looking to mix and match his muses for fall. He worked in stretch jersey, included more day looks and ran with a '70s vibe, like this bright orange top paired with a long loose skirt of a similar shade. "We wanted more fluidity on the runway. I was feeling the glamour of Grace Kelly meets the spice of Chaka Khan. I draped most of the collection myself, on weekends. In my quiet moments," the affable designer said.

Inspired by nature

The Mulleavy sisters of Rodarte turned to migrating birds for inspiration. "It just felt ... natural," Laura Mulleavy said. "We weren't thinking of anywhere specific, just birds migrating from one place to another. Maybe leaving the city and going to a place that's more pastoral."

Elaborately sequined, beaded, feathered dresses like this one — are those birds, too?

"It all was, in a weird way," Laura Mulleavy said. "We wanted to use things like sequins and tons of embroidery and feathers and then we were just feeling bolder colours to contrast with the things that were more neutral in the beginning."



Pretty in pastels

Yellow, a prominent colour in J Crew's winter collection, is anything but mellow here. Jenna Lyons, the label's creative director, said she wanted to add "sparkle" to the line, which on the clothes manifested itself in the form of sequins, furs and oversized tailoring.



TOP LOOKS FROM NEW YORK

Fashion Week is about to wrap in New York City where frigid weather failed to stop a parade of bright colours, furs and sequins. Here are four must-have looks inspired '70s palettes, feminine silhouettes and new-age glam.

THE ASSOCIATED PRESS/METRO

Gold rush

Georgine Ratelband wants to blur the line between casual and formal; classic and modern. The Milan-trained but New York City-based designer achieves her goal with this look in Georgine's fall 2015 collection that includes a shimmery jacket with a vintage-y textured trim, paired here with a flowy orange skirt.



3 TIPS



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CHINESE NEW YEAR

Thursday, February 19, 2015

Passing traditions

Celebrating good fortune. For this family, Chinese New Year is a blend of old and new

**DONNA
PARIS**
For Metro

Adelaide Wan, her two sisters, Naomi and Kitty, and their families spend Chinese New Year's Eve together every year.

"We have a whole chicken, steamed fish and special dishes that we may see only on new year's," explains Wan, "like my mom's vegetable dish that

she cooks with fermented tofu, which gives it a reddish colour." And that's not done by accident — red, symbolizing good fortune and joy, is a lucky colour.

Traditionally, Chinese New Year celebrations run from the last day of the last month on the Chinese calendar and end on the 15th day of the first month in the new year with the Lantern Festival, making it

the longest festival in the Chinese calendar.

"Back in Hong Kong, it's a completely different atmosphere, like a party, and we would celebrate with all of our relatives," said Wan. "Everyone gets vacation time, it's more than a week of holidays, and it's really very festive — kind of like Christmas here."

But since immigrating to Canada, Wan and her family have modified their new year's plans. "We all work, so we can't celebrate for the whole week straight," said Adelaide.

Each region in China has its own traditions, but some rituals stay the same. Some, such as the red packets of "lucky" money, seem to be universal. Traditionally, elders in the family present the younger members with red envelopes containing money. Red, of course.

"The red packets — that was the best part when I was younger," said Wan's sister Naomi. And that's one tradition that she is passing on to her daughter, Kaydence, three.

"This year, I want to start

telling her how important it is to get together to celebrate the lunar calendar, explain our traditions, and how money is a blessing," said Naomi.

Wan's other sister Kitty, who also has a daughter, two-year-old Tammy, agreed. "We give Tammy the red packets and when she gets them, she gets really excited — she doesn't even know what they are, really!"

Kitty also enjoys putting up banners in her home, bestowing wishes of good luck, health and prosperity.

"They're like Christmas decorations," she said. "They're always bright, printed on red paper and I buy the ones with cartoons on them for my daughter."

There's one more tradition that the Wan sisters embrace: Filling the house with fresh flowers. The Chinese New Year, also known as the Spring Festival because it is starting to warm up at this time of year in China, has so many Chinese families decorate their homes with fresh flowers and blossoms, and plants that bloom.



Adelaide, left, and her sisters Naomi and Kitty are passing along Chinese New Year traditions to their children, Tammy, two, and Kaydence, three. PEYMAN SOHEILI/FOR METRO

You are what you eat. Cuisine brings happiness, wealth

If you're ever invited for a Chinese New Year's feast, prepare yourself for many dishes.

"Every region in China has their favourite dishes from their specific cuisine, but one thing is true across the board: it will be some of the best food they eat all year," said Andrew Chase, a former chef who has lived in Hong Kong and Shanghai, now the owner of Pine and Bamboo Ceramics in Toronto.

"There are a lot of courses to signify abundance — and the more you can eat, the better," said Chase. "People will save

all year for this special meal, if they have meat only once a year, for instance, they will have it at new year's."

And everything means something, as the Chinese believe that everything you do on new year's will determine your luck for the year. Many of the foods eaten are to bring wealth, happiness and good fortune, while others are consumed because their names are homophones for words that also mean good things.

Egg rolls are nice, as they resemble gold bars. Dump-

plings are served because they resemble ingots or a purse, something in which money is kept. As well, these items have a further advantage, as there is no need to cut them: The Chinese don't like to use sharp objects like knives on new year's, which may slice through good luck or cut familial relations.

Long-Life Fertility Noodles with Happy Shrimp

Here's a dish that's perfect to cook at home for new year's, since it has a few auspicious ingredients that will cover all

your bases: shrimp (the name, ha, sounds like the sound of laughter), long noodles (don't cut them or you will be cutting your life short) and pea pods and sesame seeds for fertility.

6 oz thin spaghetti noodles
7 oz shrimp, deveined
1 ½ tsp kosher or sea salt, divided
½ tsp cornstarch
1 tbsp cooking oil
1 tsp finely minced garlic
1/4 cup snow peas, sliced thin on diagonal
1/4 cup matchstick-cut carrots
1 ½ tsp soy sauce
1 tsp Chinese rice wine (or dry sherry)
1/4 tsp sesame oil
1 tbsp sesame seeds

Bring a stockpot of water to boil. Add 1 tsp of salt to water and cook thin spaghetti according to package directions; drain.

While pasta is cooking, place shrimp in a small bowl and add the remaining ½ teaspoon of salt and the cornstarch. Mix well and let sit for eight minutes. Rinse the shrimp well, washing off the salt and cornstarch. Pat very dry with paper towels.

In a wok or large skillet, heat cooking oil on high until a bead of water sizzles and evaporates upon contact. Add the shrimp and fry until halfway cooked through, about one minute on each side. Dish out the shrimp to a plate, keeping

as much oil in the wok as possible (you should have about 1 tsp of oil left).

Turn heat down to medium and add garlic. Fry until fragrant, about 15 seconds, then add the snow peas and carrots. Fry for one minute, until the carrots and snow peas are cooked but still retain a nice crunch. Add the soy sauce and rice wine.

Turn heat to high and add the drained spaghetti noodles and shrimp. Toss well to combine. Let cook for two minutes, until shrimp is cooked through. Toss with sesame oil and sesame seeds. Yields two auspicious servings. — Recipe courtesy of Jaden Hair, SteamyKitchen.com

DONNA PARIS/FOR METRO



Long-Life Fertility Noodles with Happy Shrimp is a standard recipe for Chinese New Year. COURTESY DONNA PARIS

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Out with the old, in with the new

Festival. The roots rest in folklore, with a focus on renewal and reuniting with loved ones

VAWN HIMMELSBACH
For Metro

Chinese New Year might just be the world's longest-running party: It's believed villagers started celebrating the start of the Lunar New Year some 4,000 years ago.

The holiday, known in China as Spring Festival, is a time of renewal and celebration. But the customs and traditions that surround it — such as hanging red scrolls with poetic couplets and setting off firecrackers — have their roots in folklore.

Legend has it that in ancient times a monstrous beast named Nian (which translates to "year") would come out of hiding on the eve of the new year to eat crops, livestock and even children. To ward off the beast, villagers hung red lanterns and scrolls, and made loud noises by setting off firecrackers and banging drums



Chinese Lantern Festivals take place around the world on the 15th day of the lunar year, as seen here in Beijing during last year's Spring Festival. Lanterns symbolize the dispelling of darkness and letting go of the past. GETTY IMAGES

and gongs.

While we typically use "kung hei fat choy" in Cantonese or "gong xi fa cai" in Mandarin as new year's greetings, a more traditional greeting is "guo nian," which means "passing of the beast."

Chinese New Year, which typically starts on the second new moon after the winter solstice and lasts 15 days, was

also associated with the start of preparations for a new rice-growing season.

"Chinese New Year is also the Spring Festival based on the lunar calendar," said Angela Chan, vice-president of the Chinese Cultural Centre of Greater Toronto. "It's the beginning (of) a new cycle, so we get rid of the old and welcome the new."

While Spring Festival has evolved into a family-oriented holiday, the customs that took root during the Han Dynasty are still practised today, such as associating the Lunar New Year with one of 12 animals in the Chinese Zodiac.

These customs are evident throughout China, as well as countries with significant Chinese populations, including

Singapore, Indonesia, Malaysia, Thailand and the Philippines — not to mention Chinatowns around the world.

"In China, because Spring Festival is a time for reunion, a lot of people take off two to four weeks because they have to travel very far to join their family," said Chan. "But in Canada ... we try to make use of the weekends for all the

What's on in Edmonton

- The High Level Bridge will light up in an array of colours as 60,000 programmable LED lights honour the Chinese New Year on Thursday from 6 p.m. to 11 p.m.

- City Centre Mall will play host to a day of Chinese New Year fun on Saturday from 11 a.m. to 4 p.m. The activities include lion dances, martial arts, calligraphy and carnival games.

- Get your walking shoes on — Chinatown will be closed to vehicular traffic on Saturday from 11 a.m. to 3 p.m.

banquets and all the celebrations."

Spring Festival is also known as the "spring migration" in China, when millions of people board planes and trains to travel home in time for the reunion feast that kicks off Chinese New Year. Shops and restaurants shutter their doors, meaning it's not a great time to visit as a tourist.

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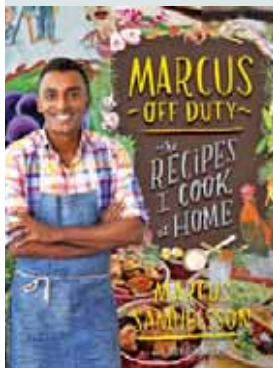
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Cookbook of the Week

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What does celebrity chef Marcus Samuelsson eat at home in Harlem, N.Y.C?

Marcus Off Duty answers that question as the youngest chef ever to receive three stars from the New York Times shares the dishes he serves his loved ones.

The 150 recipes featured in Marcus Off Duty blend an array of flavours from his Ethiopian, Swedish, Mexican, Caribbean, Italian and Southern American travels.

The glimpse into how one of the world's top chefs cooks in his home kitchen includes global, casual and flavourful recipes for unique creations such as Sweet Potato Gnocchi, Banh Mi Sandwich, Lamb Lasanga, Shredded Turkey Chili, Soha Chicken with Jollof Rice, Sweet and Salty Mud Pie, and Cheddar Crusted Apple Pie. **METRO**

Togetherness and joy in a simple meal

Chinese New Year.

Say, 'Gung Hei Fatt Choi!' with Poached Chicken with Ginger-Scallion Sauce

"One of my favorite things to do is to visit Chinatown during Chinese New Year," writes award-winning chef Marcus Samuelsson in his book Marcus Off Duty.

"The meals during this holiday are symbolic, with dishes designed to bring good luck and prosperity for the coming year.

"But you don't need to be super-educated about the traditions to enjoy them. This whole poached chicken symbolizes joy and togetherness of family."

Ingredients

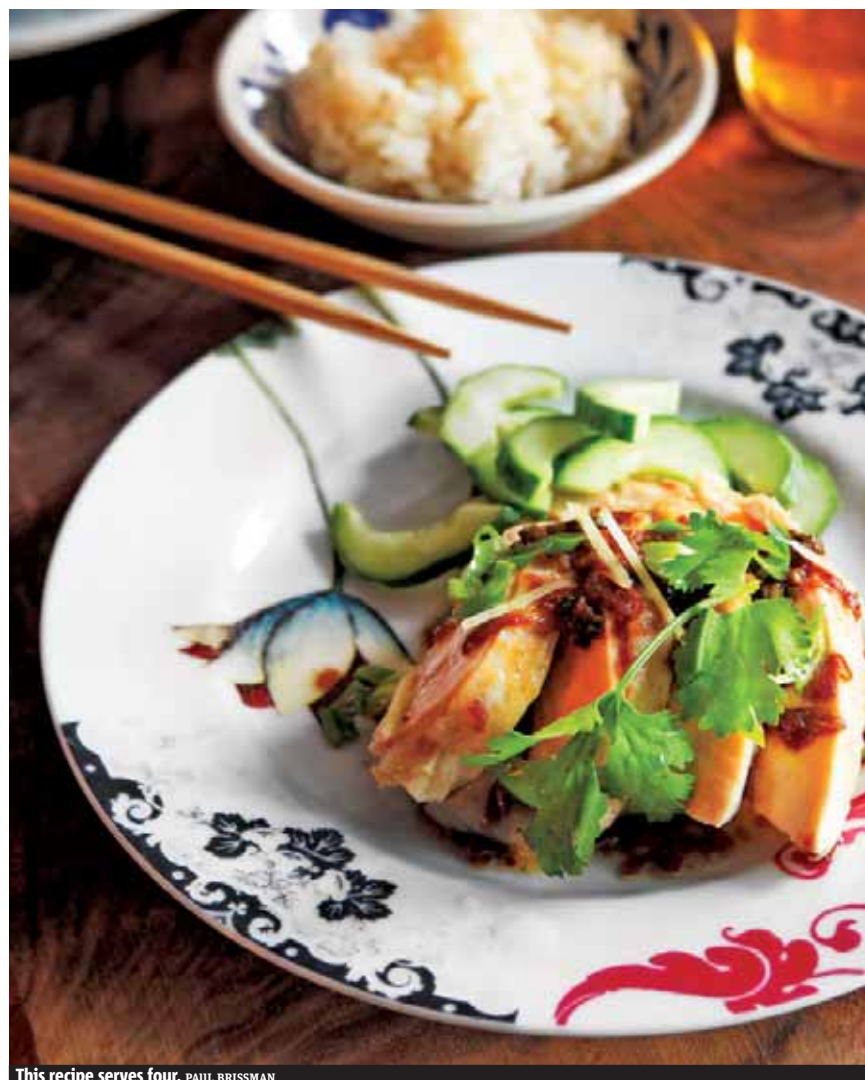
- 1 (3 1/2-lb) chicken
- 1 red chile
- 2 garlic cloves, thinly sliced
- 3 tbsp sesame oil
- 6 tbsp peanut oil
- 3 scallions, cut into thin strips
- 1 (3-inch) piece ginger, peeled and minced
- 2 tbsp light soy sauce
- 1 tbsp dry sherry

1. Put the chicken in a large stockpot and add just enough water to cover. Add the red chile and garlic. Bring to a boil, reduce the heat, and simmer for 20 minutes. Turn off the heat and let the chicken sit until the broth is lukewarm. Transfer the chicken to a carving board (reserve the broth for another use). Pat the chicken dry with paper towels and rub it lightly all over with the sesame oil. Cut the chicken into 8 serving pieces, arrange on a serving platter, and keep warm.

2. Heat the peanut oil in a small saucepan over high heat. When it shimmers, add the scallion strips. Sauté for 30 seconds, stirring constantly. Remove with a slotted spoon, drain on paper towels, and set aside for the garnish. Add the ginger to the pan and sauté

Garnish

- 2 scallions, thinly sliced on the bias
- 1 cucumber, peeled, halved, seeded, and cut on the bias
- Fresh cilantro leaves
- 1 tsp sesame seeds



This recipe serves four. PAUL BRISSMAN

for 30 seconds. Add the soy sauce, sherry, brown sugar, and lemongrass and bring to a boil. Remove the sauce from the heat and discard the lemongrass.

3. Garnish: Scatter the sliced scallions, cucumber, cilantro, and sesame seeds around the chicken. Top with the fried scallions and drizzle the sauce over all. Serve warm.

RECIPE EXCERPTED FROM MARCUS OFF DUTY: THE RECIPES I COOK AT HOME 2014 BY MARCUS SAMUELSSON. REPRODUCED BY PERMISSION OF HOUGHTON MIFFLIN HARCOURT. ALL RIGHTS RESERVED.

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Ask a designer. A reader wants to inject colour into a neutral apartment



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I live in a condo which is nicely decorated with neutral grey tones. I'd like to brighten things up to help get me through this long winter. What would be a good colour to inject? — Sabrina in Halifax

One of the best colours to inject zing into a neutral in-

terior is orange. It will help warm up the cool tones of grey and is a colour we are seeing as a big trend for spring/summer. Orange radiates warmth and happiness as it combines red (stimulating) and yellow (the cheeriest of all colours).

I suggest introducing this colour in accessories rather

than investing in large furnishings, art or light fixtures. By adding dollops of orange around your home, you create surprise hits of zingy colour as you walk around.

Here's a lineup of budget-worthy accessories that will inject a burst of citrus into your apartment.



Changing the largest accessory in the bedroom gives instant impact. Linen will add a soft, luxurious texture and soften with every wash. Belgian Linen Duvet Cover and Shams, \$39-\$129, WestElm.com

A colourful runner can sit in a foyer, in front of the sofa or along the foot of the bed. Classics; no matter what colour; will never go out of style and make great investments. Hand-Knotted Bijar Wool Rug (#722228), 4'x9', \$185, eCarpetGallery.com



A focal wall of colour in the foyer will greet every guest with a splash of Florida sunshine goodness. This one goes particularly well with grey tones. Orange Blossom #2168-30, BenjaminMoore.ca

Two new chairs at the end of the table and some casual dishes will spruce up your dining experience. Vata Dining Chair Set (2), \$259. TheBay.com. Miko Orange Collection, \$10/plate, UrbanBarn.com



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When you're sick, getting enough rest is key to recovering quickly.



If coughing is keeping you up all night, reach for something hot and soothing. SHUTTERSTOCK IMAGES

A good night's sleep when you're sick

Bedtime. Steps to take to clear your sinuses

JACQUELINE KOVACS

For Metro

We all know that sleep is vital to health, but did you know it's doubly important to get that shut-eye when you're sick?

"Rest is your body's opportunity to recuperate," said Dr. Lisa Graves, chief of the depart-

ment of family and community medicine for Toronto's St. Michael's Hospital.

Problem is, if you're coughing and sniffing, sleep can be as elusive as a Leafs' winning streak. But the good news is there are some simple strategies to quiet your cough and stifle your sniffles. And it's as easy as one, two, three.

Loosen up

Drink something warm and soothing — chamomile tea

Direct relief

Looking for an effective, drug-free way to clear your nasal congestion? Rinse your nose with saline. Delivered via a spray bottle

or a neti pot, a nasal saline rinse will safely wash the mucus from your nose, giving you relief from all that stuffiness.

with honey, for instance, will make you sleepy, help quiet your cough and, because it's a hot liquid, it can help loosen that mucus buildup in your

upper respiratory tract. Real chicken soup is another great choice: Researchers at Mount Sinai Medical Center tested the effectiveness of chicken soup

on 15 people with colds and it proved more effective than hot water in helping to clear out sinuses. What you want to avoid are any cold drinks around bedtime — that same study found sipping something chilly can increase congestion.

Warm up

Before you go to bed, take a hot shower or bath. The warmth and humidity prompts your sinuses to drain and triggers the lining in your

nasal passages to contract.

Prop up

When it comes to keeping those sinuses drained, gravity is your friend. Try placing a few books under your mattress at the head of your bed, rather than propping your head up with extra pillows, which may injure your neck. Then, stick on a nose strip — it's a safe, easy way to literally open up your nose, allowing you greater breathing space.



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PHC-13942

NHL

Scrivens returns, Fasth moves to injured list

The Edmonton Oilers activated goaltender Ben Scrivens off injured reserve Wednesday while placing goalie Viktor Fasth on the injured list.

Fasth suffered a knee injury in Edmonton's 5-4 shootout loss Monday in Winnipeg.

He got twisted around trying to stop Blake Wheeler's goal in the first round of the shootout.

Richard Bachman came in to face the final two Winnipeg shooters.

Scrivens, who is 10-17-7 with a 2.99 goals-against average and .895 save percentage this season, hasn't played since injuring his hamstring late in Edmonton's 2-1 road win over New Jersey on Feb. 9. Head coach Todd Nelson said he will get the start for Wednesday night's home game against Boston. **THE CANADIAN PRESS**

UFC

MacDonald to fight Lawler for welterweight title

Canadian Rory MacDonald will fight UFC welterweight champion Robbie Lawler on July 11 in Las Vegas.

MacDonald had been due to meet Hector Lombard at UFC 186 in Montreal in April, but that fight was dropped after Lombard tested positive for steroids.

The MacDonald-Lawler title fight will be the co-main event of UFC 189. The main event pits featherweight champion Jose Aldo against Conor McGregor.

THE CANADIAN PRESS

Oilers have value in Petry as a trade chip



THE HOCKEY NEWS
Ryan Kennedy
edmonton@metronews.ca

I had the chance to speak with Oilers GM Craig MacTavish last week and it just so happened to come right after the blockbuster trade between Winnipeg and Buffalo that sent Evander Kane to the Sabres and Tyler Myers to the Jets, among others. With the trade deadline coming up on March 2, I asked MacTavish what he envisioned for Edmonton and he laughed that it certainly wouldn't be anything on the level of the Kane trade, but moves were possible, especially for the team's pending unrestricted free agents.

Perusing the Oilers lineup, there are a few UFAs, but the one with the most potential to move is defenceman Jeff Petry. On the Oilers, he's a top pairing guy thanks to his skating acumen and ability to move the puck while logging a decent amount of minutes (more than 21 per game this season).

On a team with Stanley Cup aspirations, Petry is probably more of a second- or even third-pairing guy, albeit a valuable one. Toronto recently picked up a first-rounder in 2015 from Nashville in a deal that sent Cody Franson to the Predators, though that deal had more pieces (Mike Santorelli to Nashville; Olli Jokinen and prospect Brendan Leipsic to the Leafs).

Petry's cap hit of \$3.075



Jeff Petry logs more than 21 minutes per game on the Oilers' blue-line. CLAUS ANDERSEN/GETTY IMAGES

A piece in the championship puzzle

"On a team with Stanley Cup aspirations, Petry is probably more of a second- or even third-pairing guy, albeit a valuable one."

million is not exorbitant, though it is worth noting that a lot of contenders are up against the salary ceiling and several teams have already dealt their first-rounders away. Petry could definitely fetch a second-round pick and Edmonton does have two first-rounders already — their own, plus Pittsburgh's

from the David Perron trade. The question now becomes if MacTavish would accept a second-rounder, or does a potential Petry deal need to be a little more involved, such as the Franson deal?

I think it will be tough to get a first-rounder for Petry and it's not because of the player, but because of the

situation. There are a finite amount of "buyer" teams out there. Nashville, Pittsburgh, St. Louis and the Islanders have already traded their picks. Now you have to look at teams who need a defenceman and have the cap space. On top of that, the Oilers have to make the deal before another "seller" franchise moves their available blue-liner.

If Edmonton moves Petry, the Oilers will get value. How much value is the real question right now and one that won't be answered until the trigger is pulled.

4 SPORTS

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GX 460

Canucks Indy-bound for combine

NFL. Four Canadians looking to catch scouts' eyes and move on to gridiron glory

Four Canadians are auditioning their skills this week at the NFL scouting combine in Indianapolis, along with more than 300 prospects. How they perform will go a long way to determining where or if they're picked in the NFL draft, which runs from April 30 to May 2.

Here's a look at the four Canadians in action.

BRANDON BRIDGE

Pros: Has perhaps the strongest arm in the combine. He also has good size at six-foot-five, 235 pounds.

Cons: Very raw. Scouts question his accuracy and footwork.

Last season: Bridge, a Mississauga, Ont., native, started at South Alabama in 2014, where he completed 160 of 307 pass attempts for 1,927 yards and 15 touchdowns with eight interceptions. He also carried the ball 101 times

for 519 yards and four TDs.

Prospects: Projected to be a mid- to late-round pick. Several NFL teams in need of a QB, including the Buffalo Bills, may take a look at him.

TYLER VARGA

Pros: A short, explosive runner for Yale who can power through tacklers.

Cons: The draft is stacked at running back. At 5-10, 227 pounds, Varga is thought to be too small to be a fullback and too big to be a running back.

Last season: At Yale, he is second among the school's top 10 career rushers with a 5.6 average per carry. His stock soared after a two-TD performance at the Senior Bowl, the premier senior showcase game.

Projection: Scouts believe the Kitchener, Ont., native's best chance to make the NFL is as a special-teams player.

BRETT BOYKO

Pros: Has good size as a 6-7, 310-pound tackle out of UNLV. Shows a lot of initial pop when he gets full extension, scouts say. Rated an excellent pass blocker, Saskatoon's Boyko is also the No. 1 Canadian head-

ing into the CFL draft according to CFL Scouting Bureau.

Cons: Below-average strength at the point of attack.

Last season: Split time starting between left tackle and guard as a senior.

Projection: Scouts may shy away because he never played offensive tackle until he arrived at UNLV, and his learning curve will be very steep.

CHRISTIAN COVINGTON

Pros: A 6-3, 300-pound defensive tackle from Vancouver out of Rice University in Houston. He has natural power.

Cons: Scouts say his co-ordination is suspect.

Last season: His season was cut short when he dislocated his kneecap in second game, and he missed the rest of the year.

Projection: This combine is his best chance to raise his draft status. Scouts like his size — and they also like his genetic makeup. His father, Grover, was as a member of the Hamilton Ticats from 1981 to 1992, and is a member of the Canadian Football Hall of Fame.

TORSTAR NEWS SERVICE



Ontario quarterback Brandon Bridge showed off his wheels in 2014, carrying the ball 101 times for 519 yards and four touchdowns with South Alabama. STREETER LECKA/GETTY IMAGES

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AUGMENTED REALITY



Stuck on 12 Across?
**Scan this image with your
Metro News app for today's
crossword and Sudoku answers.**
It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Avoid extremes today. Mercury's link to Saturn means you need to stay on good terms with everyone, especially people in positions of power.

♉ Taurus

April 21 - May 21

This is a good day for thinking but not such a good day for making decisions. Whatever you decide over the next 24 hours you are likely to have second thoughts about.

♊ Gemini

May 22 - June 21

You are looking for excuses to avoid something that must be done. But you made an agreement that you must keep.

♋ Cancer

June 22 - July 23

The planets suggest you will say something shocking today, just for the fun of it. It may be amusing to you but others won't be so happy about it and your reputation could suffer.

♌ Leo

July 24 - Aug. 23

It may be that what a friend or family member has to tell you has some value in it, but what does your inner voice say? You are reluctant to trust your instincts but, ultimately, you can't trust anything else.

♍ Virgo

Aug. 24 - Sept. 23

You may disagree with someone's opinions today but you would still be wise to listen. It could be they know something that you don't.

♎ Libra

Sept. 24 - Oct. 23

Something you are told may not ring true but don't dismiss it. Conversely, something else you are told may seem obvious but don't just accept it. The only thing you can be sure of today is that nothing is for certain.

♏ Scorpio

Oct. 24 - Nov. 22

Even if you strongly disagree with what someone is doing you are advised not to make a big deal of it. They may want to draw attention to themselves.

♐ Sagittarius

Nov. 23 - Dec. 21

Social activities will be fun over the next few days but you will spend too much money. If you have to go cap in hand to a loved one for a loan later expect them to want something back.

♑ Capricorn

Dec. 22 - Jan. 20

Someone you live or work with will tell you something you don't want to hear. You know it's true so swallow your pride and act on the information.

♒ Aquarius

Jan. 21 - Feb. 19

Be careful what you wish for over the next 24 hours because you may decide later that you don't want what you wished for. But you won't be allowed to change your mind.

♓ Pisces

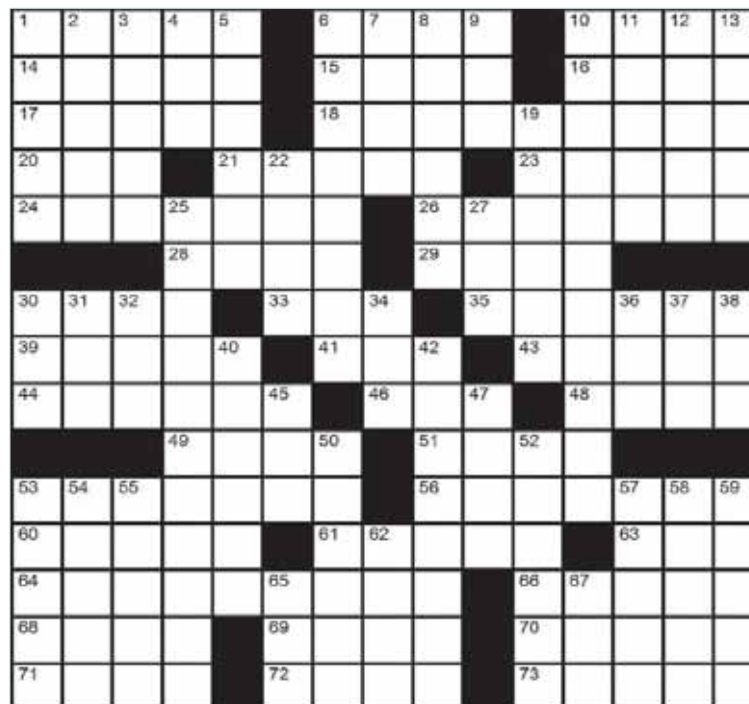
Feb. 20 - March 20

If you are asked to give more than you think is fair today, speak up about it. If it means you fall out with someone, so be it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Better skilled
6. Honey
10. Hurricane Katrina org.
14. Offence
15. In an unwell way, say
16. The Good Earth heroine
17. Accumulate a restaurant tab: 2 wds.
18. British Columbia village in the Robson Valley
20. Shiba __ (Dog breed of Japan)
21. 1987 Heart hit
23. Confuse things
24. Secret agent's file
26. Wheeled stretchers
28. Camaro model, __-Z
29. Ms. Falco
30. Laze
33. Beak
35. Ms. Lauder's
39. Egyptian city
41. "Spider!"
43. Birthdays: "Make __!"
44. Spanish wine
46. Particular pronoun
48. Single occurrence
49. "Wait just __!"
51. Attire
53. Endurance
56. Creamy carnivorous dish, Chicken __
60. Phantom's instrument



61. Not as well-done, as steak
63. Grandmother's nickname
64. Quebec City's former NHL team
66. Japan's city of canals
68. Movie-__
69. Dilbert comics intern

70. Musical group of nine
71. Dagger
72. TV brand
73. Garden huts

Down

1. Bitter
2. Keyboard playing student in "Fame" (1980)

3. Blanket-carrying Peanuts character
4. Australia's coat of arms animal
5. Mend
6. Montreal-born actress Norma Shearer won the Best Actress Oscar for her performance in "The __" (1930)

7. Panache
8. Declare in a motion
9. Loaf selection
10. "Chopped Canada" airer: 2 wds.
11. Dodge
12. Macho
13. Poker stakes
19. Oscar-winning actress Ms. Tomei
22. Singer/guitarist

- Mr. Redbone
25. Film for which Toronto-born actor Walter Huston won a Best Supporting Actor Oscar, "The Treasure of the __" (1948)
27. Ulan-__, city in Russia
30. 'Electron' suffix
31. "Lah-di-__!"
32. Whopper
34. Jay Z's wife, to pals
36. German article
37. Keyboard key
38. " __ Devil" (1989)
40. Noble family of Italy
42. Canadian singers/identical twin brothers, Ryan and Dan __
45. Currency in Japan
47. River to the Ubangi
50. Opera tenor, Enrico __ (b.1873 - d.1921)
52. Mr. Eckhart's
53. Ranked-things on Billboard
54. Royal __ Golf Club, in Scotland
55. Concur
57. Ludicrous
58. "The __ Chef" (Jamie Oliver's old cooking show)
59. Teeny biting flies
62. " __ Flux" (2005)
65. ' __' in Quesnel
67. Note before Lah

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	3	8	7	9	6	4	2	1
9	7	1	2	4	8	3	6	5
2	6	4	3	5	1	9	7	8
6	5	2	1	8	4	7	3	9
1	4	3	9	6	7	5	8	2
7	8	9	5	2	3	6	1	4
3	9	7	4	1	2	8	5	6
4	1	6	8	3	5	2	9	7
8	2	5	6	7	9	1	4	3

			1	4				
	4		6	9		5		
		2			7			
1	6					7	5	
9	2					6	3	
		4			3			
	1		5	8		9		
			2	7				

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